

TRAINER PERSPECTIVE: FROM THE HEART

by Joseph Gallenberger

Joe Gallenberger is a clinical psychologist with eighteen years of experience as a psychotherapist in numerous settings. For the past eight years he has offered services such as insight psychotherapy, marital counseling, relaxation training, and trauma recovery to his private outpatient clients. He is experienced in training and supervising other therapists, and is a certified Monroe Institute OUTREACH Trainer. The following account is Joe's personal perspective, as a participant and facilitator, on The Monroe Institute residential programs.

In my experience as a participant and as a facilitator, the most startling aspect of the Monroe Institute programs (*GATEWAY*, *GUIDELINES*®, *LIFELINE*®, *HEMI-SYNC*® 2000) is how powerfully the heart center is opened for many people. In fact, this has occurred to some degree whenever I have seen Hemi-Sync used in a group setting for twenty-four hours or longer, even in business workshops with corporate leaders.

For purposes of illustration, I will focus here on the *GATEWAY* program. I went to my *GATEWAY* when my child was three. I was burned out from helping others as a therapist and father. I viewed meditation and out-of-body experiences (OBEs) as very private activities and, therefore, The Monroe Institute seemed the perfect place to get away from it all and concentrate on self. During *GATEWAY* all my expectations were met in terms of fantastic meditative experiences, communication with other energies, and even some OBE experience. Given this cornucopia of sublime happenings, it is still amazing to me that the most important and profound event of the week was none of the above.

Surprise! During *GATEWAY* my heart center opened wider than I had ever imagined it could. Most other participants seemed to share this blessing as well. It manifested itself in many ways—telepathic closeness with others, reembracing disowned parts of self—resulting in exponentially increased self-acceptance and self-confidence; increasing the ability to flow with the rhythm of life; and knowing that we live in a loving universe and that our own capacity for love is infinite. Some concrete examples may help show how tangible all this was and is.

Telepathy: During tapes we would often be able to “see” each other and communicate at the deepest levels of being, instantly knowing what seemed to be all about each other and responding to this with total love.

Even without using the tapes, this continued to occur; for example, at the end of my last *GATEWAY* I facilitated, a participant was turning in her workshop evaluation and said teasingly, “Before I give this to you, how do you rate me?” I laughed and responded, “A++,”

star, star.” She turned her form over; she had written, “A++, star, star.” For many people who have taken their *GATEWAYS* together, this telepathic link, at levels both trivial and profound, continues years later and across continental distances.

Increased self-acceptance: An introvert by nature and uncomfortable self-judging in groups, I transformed during the week into feeling completely at ease with others much of the time. I found myself experimenting with entirely new ways of relating to others. Over many programs, I have seen the overly serious become lighthearted jokesters, the givers finally able to receive, the shy become bold, etc. Such rapid change of set patterns of relating was amazing to me. As a therapist, I expected such liberation to take months or years, when it occurs at all. I also had a sense that with our new self-acceptance, many of us were deeply forgiving of ourselves, letting go of karmic patterns that were in some cases centuries old.

Being in rhythm with life: During *GATEWAY*, if you needed a stamp, you were likely to find one at your feet; if you needed inspiration, you bumped into someone who off-handedly provided it; and if you wanted to find someone, they were there. It was as if each person provided you with a piece of whatever puzzle you desired to solve, and you easily did the same for others.

Love is infinite: It is hard to give any example here that begins to capture this. For me the group, and my position in it, allowed me to know as fact what previously I had only hoped was true. The “self-group” experience reflected and revealed clearly the reality that we are each a miraculous facet of God, a unique perspective on all of creation, simultaneously one with all of creation which is also God. The love of self, others, creation, and God that this unleashed is still expanding. I expect it will ripple out as long as I live and beyond into my daughter’s life and into many others’ lives that are touched by this energy. No better permanent cure for loneliness exists as far as I’m concerned.

I can’t resist some final examples of how things continued after the program. On my way “home,” people gravitated to me—the McDonald’s staff and service station personnel came over to me and started heartfelt conversations. I won three contests in the next few months, each showing me a perfect lesson about something important. People called to talk at just the right time; parking spaces opened up; and projects went well, but now with the spontaneous help of others, where before there had been isolation and struggle. I would dream of someone and they would call reporting the same dream, often showing us transfigured in glory, and merging into perfect oneness.

You probably sense that I could go on a good while longer trying to describe the incredible. I hope I have given you a taste of this wonderful surprise that many have experienced through a Monroe program. Many come wanting something for self only. Without invasion of privacy or

personal rhythm, they find themselves opening like a flower and experiencing the power of heart energy!

The heart energy is so strong, that even as a trainer (during programs trainers do not listen to any Hemi-Sync and try to stay focused on time and other program logistics), one feels the powerful opening and can carry it back when reentering the “real” world. Tough job, but somebody has to do it!

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